

A Primer on [LinkedIn](#) for Eating Disorders Professionals from The Academy for Eating Disorders

What is LinkedIn?

LinkedIn is a social network focused on professionals and career development. Some say it bridges the gap between the social and professional. It has over 360 million users to date and is one of the most popular social media networks available.

Why join LinkedIn?

1. It allows users to connect with other professionals in a way that allows separation of one's personal life.
2. It facilitates new connections that could lead to professional development and collaboration.
3. It can enhance your web presence and elevate your Search Engine Optimization.

How do I join?

1. Go to the [LinkedIn sign up page](#). Type your first name, last name, email address and a password you'll use.
2. Click **Join LinkedIn**.
3. Complete any additional steps as prompted to develop your profile.

How do I manage my privacy on LinkedIn?

LinkedIn encourages people to connect with others they know well and know them. The site prompts the person sending a connection invitation to select how they know the recipient. It is not required that the sender knows you personally to send an invitation to connect, but it is encouraged. You can indicate that you do not know the sender, which will require that they enter your email address to further connect.

The LinkedIn Privacy and Settings (<https://www.linkedin.com/settings/>) page allows you to:

- Control who sees your connections list
- Privately search for a job
- Choose who can see your updates
- And much more

Should I join a group?

Groups on LinkedIn provide users an opportunity to connect within a certain field or topic. Groups are a forum for private discussion within that community. Users in groups can share articles, resources, and comments. You can search for groups you may like by topic or organization.

Check out the [Academy for Eating Disorders LinkedIn group](#)! (Please note that this group is a benefit of membership in AED. [Become a member here!](#))